

For Immediate Release  
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**PROTECT YOURSELF AGAINST EXTREME HEAT WARNS ONTARIO'S CHIEF  
MEDICAL OFFICER OF HEALTH**

*Ontarians Need to Ensure that Children, Elderly, And The Ill Are Looked After*

TORONTO - Ontarians should follow a number of basic precautions to protect themselves during times of extreme heat, Ontario's Chief Medical Officer of Health Dr. Sheela Basrur advised today.

"Extreme heat and humidity can pose a risk to everyone, young and old, but it is the very young, the elderly and the chronically ill who need special attention," said Dr. Basrur. "We ask people to check in on their elderly family members, friends and neighbours to make sure they are safe, keeping out of the heat and are drinking enough water."

There are a number of precautions you can take to protect yourself and loved ones from the heat:

- Drink plenty of water and natural fruit juices, even if you do not feel thirsty
- Avoid drinking alcohol, coffee, tea or colas
- Stay in air conditioned environments, if possible. If you don't have air conditioning at home use publicly available facilities; including cooling centres, community centres, shopping malls and libraries
- If you don't have air conditioning, keep windows slightly open, and windows covered
- Avoid exercise or other strenuous activities during the heat of the day
- If you do go outside, wear a hat, sunscreen and light, loose-fitting clothing and stay in the shade
- Try not to use your oven, and stay away from making heavy, hot meals
- Do not leave children, the elderly or pets inside parked vehicles.

"Heat stroke is a real concern during heat waves," said Dr. Basrur. "If someone has difficulty breathing, weakness, dizziness or fainting, extreme tiredness, headache, confusion or nausea, seek help from a friend, relative or doctor."

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